

HAM & ASPARAGUS STRATA

Prep Time: 10 minutes
Cook Time: 40 to 50 minutes
Makes: 6 servings



WHAT YOU NEED

- 12 slices (1/2" thick, 4" diameter) French OR Italian bread (4 oz.)
- 1 cup shredded Italian cheese blend (4 oz.)
- 1 cup chopped cooked ham (4 oz.)
- 8 oz. fresh asparagus, cut into 1-inch pieces (2 cups)
- 6 EGGS
- 1 cup milk
- 2 Tbsp. lemon juice
- 1/4 tsp. garlic powder

HERE'S HOW

1. **HEAT** oven to 350°F. **PLACE** 1/2 of the bread in single layer in greased 8-inch square baking dish. **TOP** evenly with layers of 1/2 of the cheese, ham and asparagus. **COVER** with remaining bread, placing slices flat or in shingled pattern. **REPEAT** cheese, ham and asparagus layers.
2. **BEAT** eggs, milk, lemon juice and garlic powder in medium bowl until blended. **POUR** over layers in baking dish.
3. **BAKE** in 350°F oven until puffed, golden and knife inserted near center comes out clean, 40 to 50 minutes.

NUTRITION INFORMATION

Nutrition information per serving: 345 calories; 20 g total fat; 9 g saturated fat; 1 g polyunsaturated fat; 2 g monounsaturated fat; 250 mg cholesterol; 283 mg sodium; 31 g carbohydrate; 1 g dietary fiber; 12 g protein; 742.5 IU Vitamin A; 35.0 IU Vitamin D; 58.5 mcg folate; 170.0 mg calcium; 2.2 mg iron; 137.6 mg choline.

*This recipe is an **excellent source** of protein and choline, and a **good source** of Vitamin A, folate, calcium and iron.*